

WELLNESS CONNECTION

Your health, your well-being, our priority!



TABLE OF CONTENTS

LETTER FROM MAK

BOOST YOUR WELL-BEING: PREVENTING SEXUAL ASSAULT; TITLE IX POLICIES AND PROCEDURES

STUDENT SPOTLIGHT: CONSENT - NSVRC.ORG & FEMI ALADEMEHIN

DATA BRIEF: INTERPERSONAL VIOLENCE BY THE NUMBERS

FEATURED RESOURCES: UNIVERSITY POLICE, MYPRONOUNS.ORG, RUSSELL HOUSE

MINDFUL MOMENT: EARTH DAY ACTIVITIES

THIS MONTH'S EVENTS

LETTER FROM MAK

Dear Reader,

April is Sexual Assault Awareness Month, as well as home to Earth Day. In this edition, we want to touch on ways you can be the difference for friends, family, peers, strangers, and the planet.

22% of Missouri S&T students have experienced any kind of abuse while in a relationship.* This statistic is harrowing. While you're a student on campus, we hope to educate you on the warning signs of abuse, ways you can step in if you believe someone is being abused, and the steps to take to report it.

Being an activist for the people and planet around you is a step towards fulfilling the development of a holistic, well-rounded, thriving life.

As a content warning, please understand that in pages 2, 3, 5, 6, & 8 there are discussions and statistics of sexual assault.

With warm regards,

Mak the Mole (and *The Miner Wellness Office*)

*2020 Missouri Assessment of College Health Behaviors

BOOST YOUR WELL-BEING



Preventing Sexual Assault

from [RAINN.org](https://rainn.org)

Among undergraduate students, 26.4% of females and 6.8% of males experience rape or sexual assault through physical force, violence, or incapacitation. (RAINN.org) 8.3% of Missouri S&T students have been in a sexually violent relationship. (2020 MACHB, n=456)

Everyone has a role to play in preventing sexual assault. There are many different ways that you can step up or make a difference if you see someone at risk. This approach to preventing sexual assault is referred to as “bystander intervention.” Miner Wellness offers a series of trainings that center around bystander intervention called STEP UP!, and one training specifically discusses sexualized violence prevention.

How can I play a role in preventing sexual assault?

The key to keeping your friends safe is learning how to intervene in a way that fits the situation and your comfort level. Having this knowledge on hand can give you the confidence to step up when something isn’t right. Stepping up can make all the difference, but it should never put your own safety at risk.

- *Create a distraction*

Do what you can to interrupt the situation. A distraction can give the person at risk a chance to get to a safe place.

- *Ask directly*

Talk directly to the person who might be in trouble.

- *Refer to an authority*

Sometimes the safest way to intervene is to refer to a neutral party with the authority to change the situation, like an RA or police officer.

- *Enlist others*

It can be intimidating to approach a situation alone. Enlist another person to support you.

Your actions matter.

Whether or not you were able to change the outcome, by intervening you are helping to change the way people think about their role in preventing sexual assault.

The term “bystander intervention” describes a situation where someone who isn’t directly involved steps up to change the outcome. Stepping up may give the person you’re concerned about a chance to get to a safe place or leave the situation. You don’t have to be a hero or even stand out from the crowd to make a big difference in someone’s life.

Whether you’re taking home a friend who has had too much to drink, explaining that a rape joke isn’t funny, or getting security involved when someone is behaving aggressively, choosing to intervene can affect the way those around you think about and respond to sexual violence.

Rave Guardian app

In the app, you can invite friends and family to join your network as your “Guardians.” You can then request one or more of your Guardians to virtually walk with you on or off campus - it’s like having a trusted friend with you at all times.

The app also has a safety feature that directly connects you to the police in an emergency, as well as gives you the ability to text the S&T Police Department a tip regarding any concerns or suspicious situations. If possible, you should always dial 911 in the event of an emergency.

BOOST YOUR WELL-BEING

Title IX Policies and Procedures

from Equity and Title IX

As a student of S&T, there are certain rules and policies that protect you against discrimination on the basis of sex (Title IX) on and off campus, as well as in virtual spaces where university business is held. It is important for you to understand these different policies, before you need them, to know your rights and the rights of those around you.

Under Title IX of the Education Amendments of 1972, "no person in the United States shall, on the basis of sex, be excluded from participation in, be denied the benefits of, or be subjected to discrimination under any education program or activity receiving Federal financial assistance".

Below are some Title IX rights and responsibilities to know:

- **Retaliation Prohibited:** No person may intimidate, threaten, coerce, or discriminate against any individual for the purpose of interfering with any right or privilege secured by Title IX.
- **Amnesty Offered:** At times, students may be hesitant to report sexual harassment because they are concerned of being charged with other policy violations ancillary to the incident. The University may provide amnesty to Parties and witnesses to foster reporting and participation.

- **Rights of the Parties in the Title IX Process (only a few of many):**

- to be free from retaliation
- to be treated with respect by University officials
- to have access to support services (such as counseling and health services)
- to report the matter to law enforcement and have assistance in making the report
- to be informed of the finding, rationale, sanctions, and remedial actions
- to request reasonable housing, living, and other necessary accommodations/remedies

- **What is a Mandated Reporter?:** Mandated Reporters are required to promptly report any details they possess in relation to a Title IX or Equity policy violation, to the appropriate Title IX Coordinator or Equity Officer. The report must be made even if the person giving the information requests confidentiality, and regardless of how the Mandated Reporter became aware of the information. All University employees, except those with Privilege of Confidentiality, are Mandated Reporters.

- **Title IX Reporting Options:**

- Report online: this can be used to report any form of sex discrimination, including sexual harassment or misconduct that you have either experienced or observed. You have the right to report anonymously.
- Report by phone, email, or in person.

*Get in Touch with Equity and Title IX:
573.341.7734 equity@mst.edu
203 Centennial Hall equity.mst.edu*

For immediate help, call 911

STUDENT SPOTLIGHT



Consent

From [nsvrc.org](https://www.nsvrc.org/) & Femi Alademehin,
Sexualized Violence & Healthy Relationships
Peer Wellness Educator

What is consent?

Consent occurs when someone gives permission for something to happen or agrees to do something.

When you ask someone for consent, they need to know specifically what they're agreeing to, so make sure what you're asking is clear. Consent also needs to be voluntary, so those who are agreeing should be doing so freely and 100% by their own choosing, without pressure, guilt, or coercion from the person asking.

Digital Consent

When it comes to sexual activities that take place through screens, such as sexting, sending nude photos, or connecting for in-person physical sex, digital consent is a baseline for moving forward.

Just like in real-life sexual encounters, consent should be an on-going conversation when communicating digitally. Although you aren't talking face-to-face, you should always consider how your actions might make another person feel and ask questions if you don't know.

We can practice digital consent by:

- *Asking permission before sending explicit messages or texts.*
- *Respecting the decisions of others once you ask.*

It's never okay to coerce or pressure someone to send photos or record sexual acts. If someone says no after you ask for digital consent, respect their choice and move on.

- *Understanding that everyone has boundaries around meeting up in real life.*

If you've met online or on an app, make sure you both agree on the next steps and feel safe and comfortable with meeting up in person. Regardless of what others expect, everyone has the right to decide what is best for them and to act on those values.

- *Asking each time.*

Getting digital consent is important every time — even if your partner agreed to something before, they are not obligated to agree to do it again.

Everyday Consent

Consent isn't only important when it comes to sex — there are everyday ways that we negotiate our needs with the needs of others.

Everyday consent means we communicate our boundaries and ask others for their perspective before taking actions that impact them.

We can practice and model everyday consent online by:

- Respecting the devices and accounts of others.
- Asking permission before posting a photo of someone else on social media and before reposting or sharing something personal.
- Agreeing on a platform and giving options when communicating — for instance, giving the option to leave your webcam off during a video call.
- Making your availability for activities like video calls clear and conducting them within the agreed-upon time frame.

DATA BRIEF

We are all responsible for recognizing, identifying, reporting, and preventing interpersonal violence, whether it occurs to us, a friend or loved one, or a stranger.

We are not strangers to interpersonal violence, as 1 in 4 students at S&T report experiencing it at some point in their life while in an intimate relationship.* Interpersonal violence most commonly occurs in the forms of psychological, verbal, sexual, physical, and financial abuse to our students, with S&T students slightly less likely to experience this compared to other Missouri students. In the last year, 8% of S&T students report experiencing interpersonal violence, which is far less common compared to 15% of other Missouri students.*

In settings where interpersonal violence is less common, such as here at S&T, it is imperative to be able to identify and have a willingness to report concerns. The MACHB reports that 4% of S&T students are unlikely or never would report a friend grabbing, pushing, or insulting their partner or significant other, and less than 3% are unlikely or never would speak up or express concern if a hearing a friend talk about coercing someone into having sex.*



Interpersonal Violence by the Numbers

From Dr. Minor, Physician, Director of Student Health

When a stranger is involved, far more are unwilling to report yelling or fighting heard through walls or hearing a stranger talking about coercing someone into having sex (20% and 10%, respectively).*

Whether a lack of knowledge or awareness of identifying interpersonal violence, or fear of making a false accusation, we need to be willing to report a concern. It is each of our responsibility to report concern of harm to others, and to have an idea regarding whom to take our concern. For students who are willing to report an incident, 79% would go to friends/peers, 70% to campus police, and lesser percentages to other campus resources. Whenever there is a concern for harm, remember there are several resources available to report, and it is not your responsibility to investigate further. We need to stand up for one another and protect the lives of those around us in order to minimize these incidents.

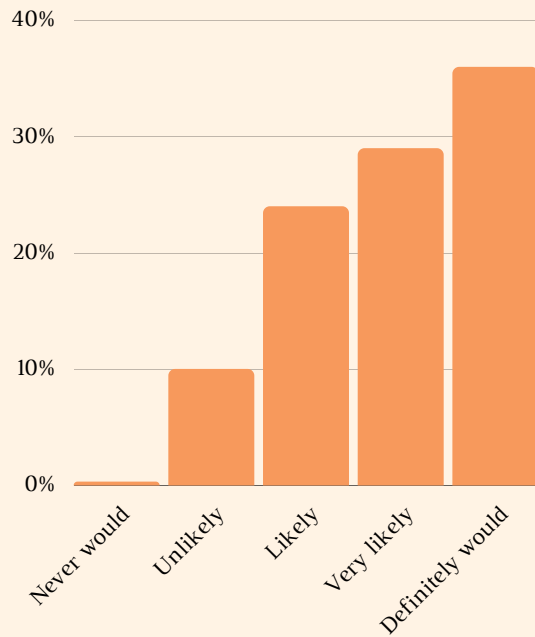
*2020 Missouri Assessment of College Health Behaviors

DATA BRIEF (CONTINUED)

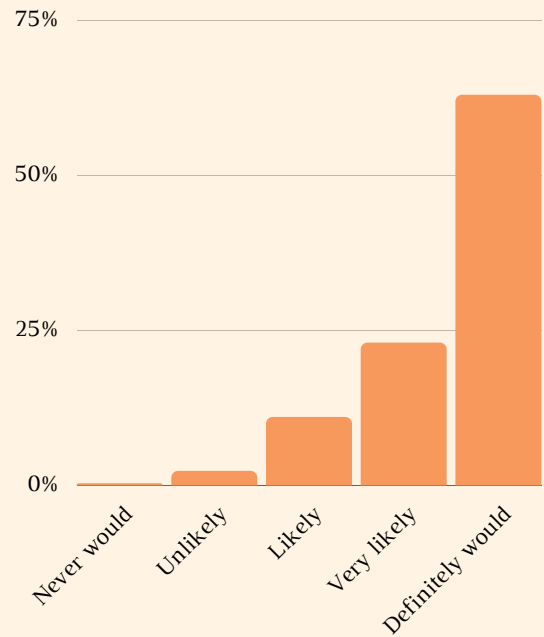
Interpersonal Violence by the Numbers

From 2020 Missouri Assessment of College Health Behaviors (MACHB)

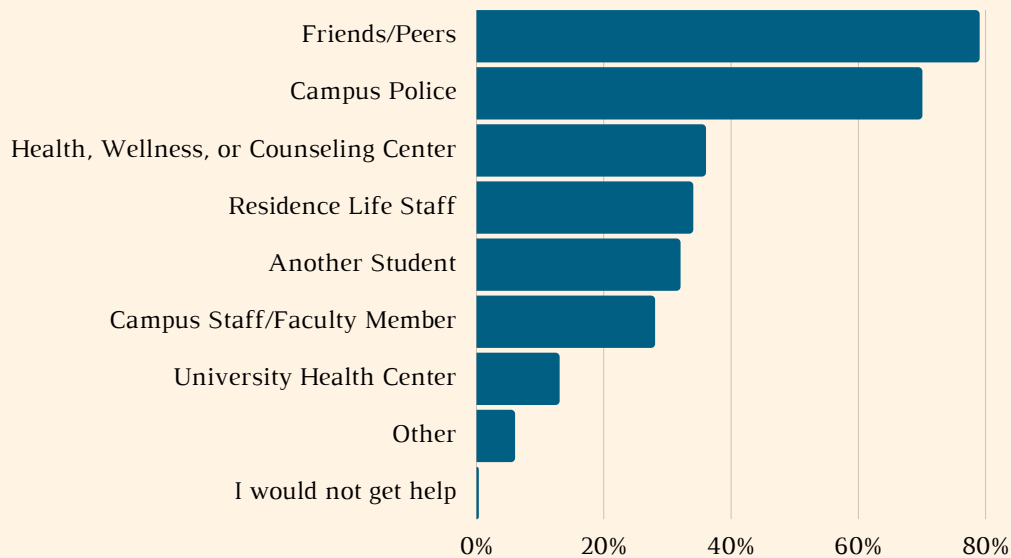
Likely to: Speak up and express concern if I heard a stranger talking about coercing someone to have sex.



Likely to: Speak up and express concern if I heard a friend talking about coercing someone to have sex.



If you were to get help for any of the above situations, where would you go?



FEATURED RESOURCES

mypronouns.org

WHAT ARE PERSONAL PRONOUNS AND WHY DO THEY MATTER?

Using someone's correct personal pronouns is a way to respect them and create an inclusive environment, just as using a person's name can be a way to respect them. It can be offensive or even harassing to make up a nickname for someone and call them that nickname against their will, **and it can be offensive or harassing to guess at someone's pronouns and refer to them using those pronouns if that is not how that person wants to be known.** Or, worse, actively choosing to ignore the pronouns someone has stated that they go by could imply the oppressive notion that intersex, transgender, nonbinary, and gender nonconforming people do not or should not exist.

HOW DO I ASK SOMEONE THEIR PERSONAL PRONOUNS?

First, make sure that you have shared your own pronouns. Doing so is the best way to encourage other people to share their pronouns, to help make them more comfortable to share their pronouns with you. If you are meeting someone new one-to-one, you might say something like: "Hi, I'm Akeem, and I go by 'they' pronouns. **How should I refer to you?**"

HOW DO I USE GENDER INCLUSIVE LANGUAGE?

Similarly, we need to shift our language to avoid further assumptions that particularly harm transgender and gender nonconforming people. Small changes in language can make a big difference in peoples lives. As an example, instead of "he or she" or "s/he" (when speaking of an unknown or universal person) you could instead use "they".



WHAT IF I MAKE A MISTAKE AND MISPRONOUN SOMEONE ELSE?

You don't have to make a big deal out of your mistake or draw a lot of attention to it, you mostly need to fix it. You might have a follow up conversation with the person you referred to incorrectly to apologize or see if there's something else you can do to correct it moving forward besides doing better.

Making it a bigger deal in the moment is not necessarily helpful and could be harmful.

Depending on the situation, you might be worried that people think you aren't friendly towards transgender people because you made a mistake, but generally it's good to avoid making the situation about you and your intent. A good way to show you are friendly is to get it right in the future.

[MyPronouns.org](https://mypronouns.org) is a practical resource dedicated to the empowering and inclusive use of personal pronouns in the English language. This website will help you understand why and how to use the pronouns someone goes by. The website also features additional resources that may be beneficial to you.

MINDFUL MOMENT

Earth Day Activities




From Miner Wellness Staff & [Constellation](#)


Earth Day is on April 22nd this year, and we wanted to give you some activity ideas that can help you make a positive impact on the environment.


1. **Start a garden.** Tips on gardening without a yard can be found in the March edition!
2. **Cleanup litter.** Take a garbage bag and walk through your community picking up any litter you find.
3. **Donate old clothes.** Go through your closet and take anything that doesn't fit or you don't wear anymore to your local Goodwill.
4. **Change your lightbulbs.** Switching to LED lighting can greatly increase energy efficiency.
5. **Start recycling.** Research recycling centers around you or simply start composting!


GET IN TOUCH

 minerwellness@mst.edu

 (573).341.4225

 [@sandtminerwellness](https://www.instagram.com/sandtminerwellness)

 [@sandtminerwellness](https://www.facebook.com/sandtminerwellness)

 [@sandtwellbeing](https://twitter.com/sandtwellbeing)

THIS MONTH'S EVENTS

Have an event you want featured? Submit to minerwellness@mst.edu

All month: Sexual Assault Awareness Month

April 22nd: Earth Day

April 23: Women's Sexual Health Event with Student Health
(11am-1pm, Havener)

Want to be featured in our new section, Student Spotlight?

Submit original content, such as a personal piece, poem, short story, photographs, recipe, or other form of content to minerwellness@mst.edu. Content must be submitted as a Microsoft Word document or Google doc, no longer than 1000 words. Content may be edited for clarity and length. Pictures must be submitted as a JPEG or PNG. All submissions must follow University policy. All submitted content will be used at the discretion of Miner Wellness. Content can be published credited to you or anonymously, whichever you prefer.